

Full Report (All Nutrients) 45134399, BANQUET Chicken Fried Steak Meal, UNPREPARED, GTIN: 00031000109387

Based on the GS1 Global Data Synchronization Network, [Powered by 1WorldSynch](#)

Report Date: May 26, 2017 13:46 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer ConAgra Foods Inc.

Nutrient	Unit	Data points	Std. Error	1 Meal (283g) 283g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	399	141
Protein	g	--	--	9.99	3.53
Carbohydrate, by difference	g	--	--	42.99	15.19
Sugars, total	g	--	--	3.99	1.41
Minerals					
Calcium, Ca	mg	--	--	59	21
Iron, Fe	mg	--	--	1.08	0.38
Potassium, K	mg	--	--	340	120
Sodium, Na	mg	--	--	1030	364
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	2.3	0.8
Vitamin A, IU	IU	--	--	201	71
Lipids					
Fatty acids, total saturated	g	--	--	6.00	2.12
Fatty acids, total monounsaturated	g	--	--	6.99	2.47
Fatty acids, total polyunsaturated	g	--	--	6.00	2.12
Fatty acids, total trans	g	--	--	0.51	0.18
Cholesterol	mg	--	--	40	14

Amino Acids

Other

Ingredients

GRAVY: Water, Modified Corn Starch, Soybean Oil, Nonfat Dry Milk, Wheat Flour, Chicken Fat (with BHA, Propyl Gallate, and Citric Acid added), Salt, Spices, Chicken Flavor (Corn Maltodextrin, Salt, Yeast Extract, Chicken Skin, Natural Flavor, Chicken Broth Powder, Medium Chain Triglycerides, Safflower Oil, Glutamic Acid, Soy Sauce [Soybeans, Wheat, Salt], Onion Powder, Spice, Ascorbic Acid, Sodium Benzoate), Fully Hydrogenated Cottonseed Oil, Xanthan Gum, Guar Gum. MASHED POTATOES: Water, Dehydrated Potatoes, Soybean Oil, Cream, Nonfat Dry Milk, Salt, Sugar, Monosodium Glutamate, Mono and Diglycerides (from Vegetable Oil), Citric Acid, Disodium Dihydrogen Pyrophosphate (to protect color), Hydrogenated Soybean Oil, Xanthan Gum, Natural Flavor, Guar Gum, Mono- and Diglycerides, Monoglycerides, Sodium Benzoate, Soy

Lecithin, BHT, Sodium Bisulfite, Medium Chain Triglycerides, Calcium Disodium EDTA, Corn Oil, Vitamin A Palmitate, Beta Carotene (Color), Vitamin D3 (Cholecalciferol), Natural and Artificial Flavor. CHICKEN FRIED BEEF PATTY FRITTER: Beef, Water, Breader (Wheat Flour, Salt, Dextrose, Spice, Soybean Oil, Whey, Extractives Of Paprika), Batter Mix (Yellow Corn Flour, Corn Starch, Dextrose, Salt, Spices, Sugar, Autolyzed Yeast Extract, Modified Corn Starch, Garlic Powder, Guar Gum, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Textured Soy Protein Concentrate (Soy Protein, Soy Carbohydrate, Caramel Color) , Soy Protein Concentrate, Salt, Dehydrated Onion, Sodium Tripolyphosphate, Granulated Garlic. CORN: Corn, Water, Sugar, Salt. CONTAINS: MILK, SOY, WHEAT. *Date Last Updated by Company:* 09/08/2016